

Connecticut WIC

Gid Alimantè



NUTRITION IS JUST *the* BEGINNING.



Tab matyè



Pou plis enfòmasyon, vizite www.ct.gov/dph/wic

Se pa nesèsman tout pwodui pwogram alimantè pou Fanm, Tibebe, Timoun (Women, Infant, Children, WIC) apwouve yo ki nan ti gid sa.

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Konsèy pou w byen fè acha w yo



Avan w achte:

- Telechaje aplikasyon *WICShopper* a.
- Konsilte Lis Avantaj pou Fanmi an, nouvo resi w la, (oswa verifye My Benefits (Avantaj Mwen yo) sou aplikasyon *WICShopper* a pou w verifye balans disponib ou.
- Konnen konbyen montan avantaj ou a ye pou acha fwi ak legim yo.
- Verifye dat peryòd avantaj ou a kòmanse ak dat l ap fini.



Pandan w ap achte:

- Chèche etikèt pou etajè Connecticut WIC apwouve yo, oswa itilize aplikasyon *WICShopper* a pou w idantifye atik WIC yo.
- Chwazi sèlman atik WIC apwouve nan gid alimantè sa a, epi asire w ou genyen kantite balans ki apwopriye a nan Lis Avantaj pou Fanmi an oswa sou yon nouvo resi.
- Si w panse pwodui a ta dwe otorize men li pa pase, ou kapab itilize fonksyon *I Couldn't Buy This (Mwen Pa Rive Achte Pwodui Sa)* sou aplikasyon *WICShopper* a pou w soumèt pwodui a pou revizyon, oswa kontakte klinik lokal WIC ou a.



Kès:

- Itilize kat epay magazen ou an
- Anvan w fè tranzaksyon an, di moun ki sou kès la ou genyen kupon.
- Itilize Avantaj WIC ofri w yo, anvan nenpòt lòt fòm pèman (Pwogram Asistans Nitrisyonèl Siplemanè (Supplemental Nutrition Assistance Program, SNAP), Asistans Familyal Tanporè (Temporary Family Assistance, TFA), lajan likid, oswa kat kredi oubyen debi).
- Mande epi egzamine resi tranzaksyon an anvan w chwazi *Wi*.
- Si gen yon pwodui WIC pa otorize ki afiche, mande pou yo retire l. Si w chwazi achte pwodui sa yo pandan w ap itilize yon lòt fòm pèman, **WIC p ap kapab ranbouse w.**

Sereyal Glase

ACHTE SÈLMAN
12 ounces oswa plis

* = Pa Gen Gliten * = Sereyal Konplè

**Mwayen pou w achte
jiska 36 oz. sereyal**

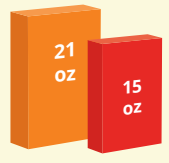
Achte nenpòt konbinezon
sereyal cho oswa glase WIC
apwouve pou yon total
36 ounces.



Total 36 oz.



Total 36 oz.



Total 36 oz.

Mak Nasyonal

General Mills



Cheerios**



Cheerios Oat
Crunch Berry*



Cheerios
Vanilla Spice*



Multi Grain
Cheerios**



Blueberry
Chex**



Cinnamon
Chex*



Corn Chex**



Rice Chex



Wheat Chex*



Kix*



Berry Berry
Kix

Kellogg's



Honey Kix*



Total*



Wheaties*



Corn
Flakes



Crispix



Frosted Mini
Wheats
Original*



Frosted
Mini Wheats
Cinnamon Roll*



Frosted Mini
Wheats Filled
Mixed Berry*



Frosted Mini
Wheats Pumpkin
Pie Spice*



Rice Krispies



Special K



Kashi



Kashi Hearts
Honey Toasted
Organic



Kashi Hearts
Warm Cinnamon
Organics



Crispy Rice*



Mini Frosted
Spooners*

MOM Brands

Post



Grape Nuts*



Grape Nuts
Flakes*



Great Grains
Banana Nut
Crunch*



Great Grains
Crunchy
Pecans*

Quaker



HBOO
Almonds



HBOO
Cinnamon
Bunches*



HBOO
Honey
Roasted



HBOO Pecan
and Maple
Brown Sugar*



HBOO Vanilla
Bunches*



HBOO Vanilla
Multigrain*



HBOO Whole
Grain Honey
Crunch*



Oatmeal
Squares
Brown Sugar*

Kontinye nan paj ki vin aprè a.

Sereyal Glase

ACHTE SÈLMAN
12 ounces oswa plis

Mak Magazen yo



Avenue A

Corn Flakes
Toasted Oat Cereal*



Best Yet

Bran Flakes*
Corn Flakes
Crispy Rice
Frosted Shredded Wheat*
Shredded Wheat*



Big Y

Bran Flakes*
Corn Flakes
Crispy Corn Squares
Frosted Shredded Wheat*



Food Club

Bran Flakes*
Corn Flakes
Crisp Rice
Frosted Shredded Wheat*
Honey and Oats with Almonds
Oats & More
Oats Cluster
Oats with Honey*
Toasted Oats*
Toasted Roasted Oats
Wheat Bran Flakes*



Good & Gather

Honey & Oat Mixers



Great Value

Bran Flakes*
Crisp Rice
Crunchy Nuggets
Frosted Shredded Wheat*
Toasted Corn*
Toasted Oats*
Toasted Rice*
Toasted Wheat*



Hy-Top

Bran Flakes*
Corn Flakes
Crispy Rice
Toasted Oats*



IGA

Bran Flakes*
Corn Flakes*
Corn Squares*
Crispy Rice*
Frosted Shredded Wheat*
Shredded Wheat*
Tasteos*
Toasted Oats*



Kiggins

Corn Flakes
Crispy Rice*
Rolling Oats*
Shredded Wheat Frosted*



Krasdale

Corn Flakes
Toasted Oats*



Parade

Toasted Oats



PICS/Price Chopper

Corn Flakes
Crispy Rice
Frosted Shredded Wheat*
Toasted Corn Crisps
Toasted Rice Crisps
Toasted Oats*
Wheat Bran Flakes*



PriceRite Bowl & Basket

Bite Size Frosted Shredded Wheat*
Bite Size Shredded Wheat*
Bran Flakes*
Toasted Oats*

A SHOPRITE® BRAND
bowl & basket™

ShopRite Bowl & Basket

Bran Flakes*
Corn Flakes
Crispy Corn Squares
Crispy Corn Squares
Crispy Rice Toasted
Frosted Shredded Wheat*
Oats & More with Honey*
Shredded Wheat*



Signature Select

Bran Flakes*
Cereal Corn Pockets
Cereal Nutty Nuggets*
Cereal Rice Pockets
Crispy Rice
Frosted Shredded Wheat*
Oat and Almonds Cereal*
Oat and More with Honey



StopsShop

Stop & Shop

Bran Flakes*
Corn Flakes
Corn Squares
Crispy Rice
Frosted Shredded Wheat*
Honey Crunchin' Oats
Nutty Nuggets*
Oats & O's*



White Rose

Corn Flakes
Crispy Rice

Sereyal Cho



Cream of Rice*



Cream of Wheat*



Cream of Wheat
Sereyal Konplè*



Maltex with
"Sereyal Ble Cho"*



Maypo Awwan ak
Erab nan
Estil Vermont*



MOM Farin
Orijinal



MOM Sereyal Ble
Cho Orijinal



Ralston krèm ble



Urban Meadow
Farin

Pa achte:
Estantane

Pen

Mak Nasyonal

ACHTE SÈLMAN

- 100% ble konplè oswa pen ki fèt ak sereyal an antye
- Dimansyon 16 ons = 1 liv sèlman

Pa achte:

Bagel, pen vyan, pen blan, pen boulanje

Alvarado Street Bakery



Whole Wheat

Arnold Stoneground



Whole Wheat

Bimbo



Whole Wheat

Country Kitchen



Whole Wheat

Geissler's



Whole Wheat

Gold Medal Bakery



Whole Wheat



Wheat with Flaxseed

Holsum



Whole Wheat

Krasdale



100% Whole Wheat

Pas Yisroel



Whole Wheat

Penn Street



Whole Wheat

Pepperidge Farm



Very Thin 100% Whole Wheat



Whole Grain Seeded/Seedless Jewish Rye*

Sara Lee



100% Whole Wheat

Stern's



Whole Wheat

Sunbeam



Whole Wheat

Best Yet



Whole Wheat

Big Y



Whole Wheat

Great Value



100% Whole Wheat

Key Food



Whole Wheat

PICS/Price Chopper



Whole Wheat

Windmill Farms



Stone Ground Menzanos



Stone Ground Hamotze

Wonder



Whole Wheat

ShopRite Bowl & Basket



Whole Wheat

Simply Balanced



Whole Wheat

Stop & Shop



Whole Wheat



No-Salt Added Whole Wheat

The Bakery



100% Whole Wheat

Urban Meadow



Whole Wheat

Mak Magazen yo

Tòtiya

Mak Nasyonal

ACHTE SÈLMAN

- Tòtiya mou ak mayi oswa ki fèt ak ble konplè
- 1 liv oswa yon sachè 16 ons

Chi Chi's



White Corn



Whole Wheat



White Corn



Whole Wheat

La Banderita



Corn



Whole Wheat

La Fe



Corn

La Poblanita



Corn

Mayan Farms



Whole Wheat

Mission



Corn



Whole Wheat

Ortega



Whole Wheat

Pepito



Corn



Whole Wheat

Quesos La Ricura



White Corn

Tropical



Whole Wheat

Mak Magazen yo

Big Y
Whole Wheat

Food Club
Whole Wheat
White Corn

IGA
Whole Wheat

Key Foods
Whole Wheat

My Essentials
Whole Wheat

Nature's Promise
Whole Wheat
Whole Grain Corn

PICS/Price Chopper
Corn Taco

ShopRite
Whole Wheat

Signature Select
Whole Wheat

Stop & Shop
White Corn
Whole Wheat
Yellow Corn

Manje nan maten "Burritos"

Engredyan

1 mamit **pwa nwa**,
jete dlo a epi rensè l

12 **tòtiya**

1½ tas
fwomaj cheddar ki rape

2 kiyè lwil vejetal

½ tas **pwavon rache**,

½ tas **zonyon**, rache

8 **Ze**

16 ons salsa

Sa ki an gra yo se manje ke WIC apwouve.

Enstriksyon

1. Ajoute pwa nwa a nan yon ti pwelon. Kwit li nan yon dife ki pa twò cho jiskaske l kwit.
2. Nan yon pwelon ki pi gwo, sote pwavon an ak zonyon an nan lui vejetal la jiskaske yo vin mou.
3. Bat ze a jiskaske l vin fè yon sèl nan yon bòl ki laj. Ajoute ze a nan pwelon an epi kite yo kuit.
4. Chofe tòtiya yo nan maykwowev oswa nan fou jiskake l vin mou. Ouvri tòtiya a, epi mete kiyè ze ak pwa, fwomaj ak salsa nan tèt chak tortilla.
5. Woule tòtiya yo an burritos.
6. Sèvi li cho. Anbale rès burritos yo nan yon fèy aliminyòm pou w friz li oswa pou w rechofe li pou yon lòt repa!



Pat ki fèt ak ble antye

ACHTE SÈLMAN

- 1 liv oswa yon sachè 16 ons
- Pat ki fèt ak 100% ble konplè oswa sereyal an antye
- Pat ki nan fòm varye tankou penne, rotini, espageti, elatriye.



Mak Nasyonal

Barilla



Whole Wheat
Whole Grain

Gia Russa



Whole Wheat

Hodgson Mill



Whole Wheat

Nature's Promise



Whole Wheat

Ronzoni Healthy Harvest



Whole Wheat

Mak Magazen yo

Delallo



Organic Whole Wheat

Full Circle



Organic Whole Wheat

Luigi Vitelli



Whole Wheat
Organic Whole Wheat

O Organics



Whole Wheat

Raconto



Whole Wheat

ShopRite Bowl & Basket



Whole Wheat

Signature Select



Whole Wheat

Simply Balanced



Organic Whole Wheat

Urban Meadow



Whole Wheat

Diri mawon

ACHTE SÈLMAN

- 1 liv oswa Sachè/ bwat 14-16 ons
- Diri mawon nòmàl

Pa achte:
Diri blan, diri ak epis, diri an san anbalaj, diri òganik

Mak Nasyonal

C&F

Boil-in-Bag
Long/Short Grain
Instant

Carolina

Brown Rice

Goya

Brown Rice

Mahatma

Brown Rice

Minute

Brown Rice

Riceland

Natural

Success

Brown Rice

Uncle Ben's

Fast & Natural Whole Grain Instant
Natural Whole Grain
Whole Grain
Boil-In-Bag

Mak Magazen yo

Best Yet

Instant
Long Grain

Big Y

Instant

Food Club

Enstantane

Good & Gather

Brown Rice

Great Value

Brown Rice

IGA

Grenn
Instant Long Grain

My Essentials

Brown Rice

Parade

Brown Rice

PICS/Price Chopper

Boil-In-Bag
Instant

Signature Select

Brown Rice

Stop & Shop

Boil-In-Bag
Instant

White Rose

Brown Rice

Pat ak Epina, Tomat ak Pwa

Engredyan

- 1 kiyè lwil vejetal
- 1 mwayèn **zonyon**, rache
- 1 branch **seleri**, rache
- 1 kiyè poud lay
- Yon mamit 15 ons **pwa wouj** oswa **pwa "chickpeas"**, jete dlo a epi rense l
- Yon mamit 15 ons **tomat**, jete dlo a pasyèlman
- Yon mamit 15 ons bouyon poul ki pa gen anpil sodyòm
- 2 gode **fèy epina fre**, rense
- 2 gode **pat ki fèt ak ble antye**
- ½ poiv an poud
- 4 kiyè fwomaj parmesan oswa **mozzarella**

Sa ki an gra yo se manje ke WIC apwouve.

Enstriksyon

1. Kuit pat la selon enstriksyon ki nan sachè a. Jete dlo a epi mete l akote.
2. Pandan pat la ap bouyi, chofe luil oliv nan yon gwo pwelon ak yon dife ki pa twò wo; sekwe l pou w ka grese tout pwelon an.
3. Ajoute zonyon ak seleri nan pwelon an, brase l detanzantan. Kuit li jiskask zonyon an ak seleri an parèt kuit, pandan anviwon 3 minit.
4. Ajoute poud lay nan pwelon an epi brase.
5. Ajoute pwa ki rense, tomat ki rache, ak bouyon poul (chicken broth) nan pwelon an epi brase l tou dousman. Fè l bouyi, ei redui dife a epi kite l kuit pou yon lòt 2 a 3 minit.
6. Ajoute epina epi kuit pat la nan pwelon an. Melanje yo byen epi ba yo 2 a 3 minit pou yon kuit.
7. Mete piman epi mete poud fwomaj sou li selon gou w. Separe l epi pran plezi w!

Ou kapab itilize diri mawon nan plas pat la pou resèt sa!

Ji Fwi

ACHTE SÈLMAN

Boutèy 64 oswa 128 oz; 100% ji, 120% Vitamin C oswa
72 miligram pou chak 8 fl oz

KÒMAN POU W ACHTE

64 ons = 1 boutèy
128 ons = 2 boutèy

Mak Nasyonal

Pòm

Apple & Eve
Juicy Juice
Ocean Spray
Old Orchard
Mott's
Welch's

Cherry

Juicy Juice
Ocean Spray
Welch's

Rezen Vyolè

Juicy Juice
Ocean Spray
Old Orchard
Welch's

Rezen Blan

Juicy Juice
Old Orchard
Welch's

Ji Melanje yo

Apple & Eve
Juicy Juice
Langers
Ocean Spray
Old Orchard
Welch's

Mango

Juicy Juice
Welch's

Zoranj

Tout Mak yo

Anana

Langers
Libby's
Welch's

Tomat

Campbell's

Vejetal

V8

Mak Magazen yo

Best Yet

Apple
Purple Grape
White Grape
Grapefruit Juice/
Blends
Pineapple



Bowl & Basket

Apple
Purple Grape
White Grape
Grapefruit Juice/
Blends
Tomato
Vegetable



Big Y

Apple
Purple Grape
White Grape
Juice a Lot
All Juice Mixture



Food Club

Apple
Purple Grape
White Grape
Grapefruit Juice/
Blends
Pineapple



Bogopa

Apple



Freedom's Choice

Apple
Orange



Good & Gather

Apple
Purple Grape
White Grape
All Juice Mixtures



Hy-Top

Apple
Purple Grape
White Grape



Parade

Apple
Purple Grape
White Grape
Grapefruit Juice/
Blends



Seven Farms

Cranberry Organic
White Grape Organic



Tipton Grove

Apple
Purple Grape
White Grape



Great Value

Apple
Cranberry
White Grape
Pineapple
Purple Grape
Tomato
Vegetable
All Juice Mixtures



IGA

Apple
Purple Grape
White Grape
Grapefruit Juice/
Blends
All Juice Mixtures



PICS/Price Chopper

Apple
Purple Grape
White Grape
Grapefruit Juice/Blends
Orange
Pineapple
Vegetable
All Juice Mixtures



Signature Select

Apple
Apple Cider
Cranberry Blends
Grape
Grapefruit
Pineapple
Vegetable
White Grape



Urban Meadow

Apple
Cranberry Apple
Cranberry
Cranberry Grape
Cranberry Pomegranate



Harvest Classic

Apple



Nature's Nectar

Apple
Grape
White Grape



Save-A-Lot/ Ruby Kist

Apple
Pineapple



Stop & Shop

Apple
Purple Grape
White Grape



White Rose

Apple
Purple Grape
White Grape
Grapefruit Juice/Blends



Ji Konsantre

ACHTE SÈLMAN

Bwat 11.5-12 ons yo

100% ji

Omwen 120% Vitamin C

KÒMAN POU W ACHTE

48 oz. = 1 bwat

96 oz. = 2 bwat

144 oz. = 3 bwat

Tout ji yo, pa achte:

Koktèl ji, bwason oswa ji ki gen sik anplis oswa pwodui ki gen gou sikre yo.

Pou w ka benefisye avantaj konplè ji w la

Timoun yo dwe chwazi
Bwat 64 oz. la

Fanm yo dwe chwazi ji konsantre
11,5 oswa 12 oz. la

| Mak | Paplemous | Zoranj <i>Rich an Kalsiòm</i> | Pòm | Rezen | Melanj | Anana | Ki pa dwe fè glas |
|-----------------------|-----------|----------------------------------|-----|-------|--------|-------|----------------------|
| Best Yet | ✓ | ✓ | ✓ | ✓ | | | |
| Cascadian Farm | | ✓ | | | | | |
| Clear Value | ✓ | ✓ | ✓ | | | | |
| Dole | ✓ | ✓ | | | ✓ | ✓ | |
| Food Club | | ✓ | ✓ | ✓ | | | |
| Freedom's Choice | | ✓ | ✓ | | | | |
| Good & Gather | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Great Value | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| HY-TOP | ✓ | ✓ | ✓ | | | | |
| IGA | ✓ | ✓ | ✓ | | | | |
| Langers | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Old Orchard | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Parade | ✓ | ✓ | ✓ | | | | |
| PICS/Price Chopper | | ✓ | ✓ | ✓ | ✓ | | |
| Seneca | ✓ | ✓ | ✓ | ✓ | | | |
| ShopRite | ✓ | ✓ | | | | | |
| Signature Select | | ✓ | ✓ | | | | |
| Stop & Shop | | ✓ | ✓ | ✓ | | | |
| Tipton Grove | ✓ | ✓ | ✓ | | | | |
| Tree Top | ✓ | ✓ | ✓ | | | | |
| Welch's (bouchon jòn) | | | | ✓ | ✓ | | ✓ |

Legim: Pwa, Ariko ak Lantiy

Pwa sèch, Ariko yo ak Lantiy —

ACHTE SÈLMAN

Sak 1 liv (16 ons)



OU KA ACHTE:

Tout kalte pwa sèch, ariko sèch oswa lantiy



Pwa anbwate, Ariko anbwate —

ACHTE SÈLMAN

Bwat 15-16 ons yo

KÒMAN POU W ACHTE

1 bwat = .25 liv

4 bwat = 1 liv



OU KA ACHTE:

Pwodui natirèl oubyen vejetaryen

Pa achte:

Pwodui ki gen sik, grès, luil, legim, fwi oswa vyann yo ajoute, pwa kuit

Manba

OU KA ACHTE:

po 16-18 ons lan
Ki pa gen awòm

Ki gen Grès, ki sèk,
ki gen krèm, ki an
mòso oswa natirèl

Pa achte:

Awòm



Lèt, Fwomaj, Ze ak Tofi

Lèt

Achte fòma ak tip pwodui ki te parèt nan Lis Avantaj Familyal WIC la.

KÒMAN POU W ACHTE

128 oz./Galon
64 oz./Demi Galon
32 oz./Yon Ka

OU KA ACHTE:

- Ekreme (san grès)
- 1% (pa gen anpil grès)
- 2% (grès redwi)
- Antye
(Pou timoun ki gen 12-23 mwa)

Pa achte:

Lèt bè, lèt byolojik, lèt ki gen awòm, lèt kri

OU KA ACHTE:

Lèt soja

96 oz., 64 oz./demi galon, 32 oz./yon ka

8th Continent

Original

Pacific Ultra Soy

Original (ki ka konsève pandan lontan, 32 oz.)

Silk

Original



Lèt Evapore

Bwat 12 ounce, San Grès, 2%, Antye (Vitamin D anplis)

KÒMAN POU W ACHTE

1 bwat likid = .18 nan yon galon
5 bwat = 1 galon

Lèt Lèt ou ka Chwazi

- Lèt ki pa gen anpil Laktoz /Lèt ki San Laktoz
 - 96 oz., 64 oz./demi galon, 32. oz./yon ka
 - Ekreme, 1%, 2%, Antye
- Kosher Milk
 - Ekreme, 2%, Antye
- Lèt Ekreme an Poud
- Kosher Milk
 - Meyenberg (anbwate-alo oswa an poud)
 - Lèt antye disponib sèlman (pou timoun ki gen 12-23 mwa)

KÒMAN POU W ACHTE

1 bwat alo = .18 nan yon galon

5 bwat = 1 galon

4 bwat an poud = 3 galon

Lèt UHT

Ki ka konsève pandan lontan, ki pa gen Awòm, Regilye oswa San Laktoz, Ekreme, 1%, 2%, Antye
Konsilte Nitrisyonis ou an pou ba ou l

Fwomaj

ACHTE SÈLMAN

Yon pake 8 oswa 16 ons, rape, fwomaj an baton, an blòk, an tranch

OU KA ACHTE:

- American
- Colby/Colby Jack
- Cheddar
- Mozzarella san grès, ki anbale deja:
Calabro, Polly-O
- Mozzarella san laktoz: *Galbani*
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Pa achte:

Deli, tranch ki nan anbalaj endividyèl, manje ak baz fwomaj, pwodui oswa tatinad ki fèt ak fwomaj, krèm fwomaj oswa fwomaj kotaj, enpòte, ki gen awòm, byolojik

Ze

Nenpòt Mak

OU KA ACHTE:

Nenpòt gwo, 1 douzèn, katon, blan oubyen mawon

Pa achte:
Organic



Tofi

OU KA ACHTE:

Yon pake 8-16 ons, Natirèl

Pou w resevwa avantaj konplè sou tofi, achte pake 8 oswa 16 ons yo.

Azumaya

Extra Firm, Firm

Franklin Farms

Extra Firm, Firm, Medium Firm, Soft

Nasoya

Cubed Firm, Lite Firm, Silken, Super Firm, Super Firm Cubed

Nature's Promise

Extra Firm, Firm

Nature's Soy

Firm, Soft

O Organics

Extra Firm, Firm, Silken, Sprouted Super Firm

Yogout

OU KA ACHTE:

Yon pake ki gen 1 ka oswa kontenè 32 ons
4 ons 4 pake, 4 ons 8 pake

Pa achte:

Sikreri ki pa gen kalori, yogurt pou bwè oswa engredyan melanje (granola, moso bobon, siwo myèl, nwa, elt.)

Yogout Grèk

Bòl & Baskett*

Kabo*

Chobani*

Fage*

Food Club*

Good & Gather

Great Value*

Hood*

Lucerne Dairy Farms*

O'Organics

Open Nature*

Stonyfield Organic*

Upstate Farms

*Disponib tou an yogurt ki fèt ak lèt antye

Yogout ki pa gen anpil grès/ san grès

*Disponib tou an yogurt ki fèt ak lèt antye

Nenpòt savè

Activa

Axelrod*

Best Yet

Big Y

Brown Cow*

Butterworks Farm*

Cabot

Coburn Farms

Cream O Land

Crowley

Dannon*

Dannon All Natural*

Dannon Danimals

Desi Natural Dahl*

Food Club

Friendly Farms

Friendship

Good & Gather

Great Value

Green Mountain

Creamery*

J & J Kosher

La La

La Yogurt

La Yogurt Probiotic*

Lucerne Dairy Farms*

Maple Hill*

Mountain High*

My Essentials

Nature's Promise

Noosa*

Oomda*

PICS/Price Chopper

ShopRite Bowl & Basket

Romis*

Seven Stars Farm*

ShopRite Bowl & Basket

Stop & Shop

Stonyfield Organic*

Super A

Urban Meadow

Yoplait

Yoplait Grande

Yogout ki fèt ak lèt antye

(Pou timoun ki gen 12-23 mwa)



Pwason nan Bwat

*Pou kèk kategori fi ansent ak sa k ap bay tete

Anbale nan dlo oswa luil. Otorize pou ajoute sòs oswa savè.

Ton

Bwat 5 ons – pal an mòso sèlman

Sadin

Bwat 3,75 ons

Somon Woz

Bwat 5-15 ons



Pwodui pou nouri timoun



Sereyal pou timoun

OU KA ACHTE:

- Yon pake 8 oswa 16 ons sèlman,
- Chwazi nenpòt mak

Pa achte:

Varyete ki enplike DHA, fwi, lèt matènize, ak/oswa yogurt

Fwi ak legim pou timoun

OU KA ACHTE:

- pake 4 oswa 8 ons, echantiyon, oswa pake ki varye
- Chwazi engredyan inik oswa konbinezon legim ak fwi (i.e. pòm-bannann, pòm-patata, elt.)
- Chwazi nenpòt mak

Pa achte:

Sik ajoute oswa Sachè

Vyann pou timoun

*Disponib sèlman pou timoun ki nan tete ki gen 6 a 11 mwa

OU KA ACHTE:

- Pake endividyèl, echantiyon, oswa pake ki varye
- Chwazi nenpòt mak
- Chwazi nan varyete sa:
 - Bouyon/sòs Vyann Bèf
 - Bouyon/sòs pou
 - Bouyon/sòs janbon
 - Bouyon/sòs kodenn

Pa achte:

Sachè, desè, dine, ragou, melanj avèk DHA/ARA, sèl, sik, fwomaj, sereyal oswa pat

Fwi ak legim

- Konnen balans benefis ou yo avan w achte:
- Avantaj fwi ak legim yo ap gen yon montan an dola, ki afiche sou lis avantaj fanmi WIC ou a.
- Si w achte fwi ak legim ki koute pi chè pase montan dola maksimòm nan, ou ka remèt yon bagay oswa peye diferans lan ak yon metòd pèman (SNAP, cash, oswa kat kredi/debi).
- Si fwi ak legim ou achte yo koute mwens pase montan dola maksimòm nan, balans ou a ap rete sou kat eWIC ou a pandan peryòd avantaj la.



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Fwi ak Legim Fre

OU KA ACHTE:

- Nenpòt varyete
- Antye, predekoupe, dechikte oswa anbale – Ki vann nan sachè, bwat, pyès, liv, oswa pake
- Salad ak/oswa legim vèt nan sachè

Pa achte:

Atik pou salad, plato pou fèt, Kòbèy fwi, fwi sèch, kolasyon ki fèt ak fwi. Salad/Kit anbale avèk vinegrèt, vyann, nwa, kwouton, fwomaj, elt.



Fwi ak Legim jele

OU KA ACHTE:

- Nenpòt mak/varyete ak gwochè
- Fwi oswa legim natirèl oswa melanj

Pa achte:

Atik ki gen sik ajoute, sik, grès/luil ajoute, frit, pòm detè fri, tate tot, lòk fòm pòm detè.
Pa dwe anbale ak sòs, pasta, oswa diri.



Fwui ak Legim nan bwat

OU KA ACHTE:

- Nenpòt mak ak gwochè
- Dwe anbale nan dlo oswa luil.
- Ka gen nivo Sodyòm regilye oswa ba
- Pake an plastik oswa bwat

Sòs Tomat nan Bwat

- Sòs tomat/espageti nan konsèv

Pa achte:

Atik ki gen sik ajoute, sik, siwo, grès ajoute, luil, sèl (fwi), sòs kàn bèj, tat graniti, kòktèl fwi, legim marine, legim nan krèm oswa nan sòs, oliv.

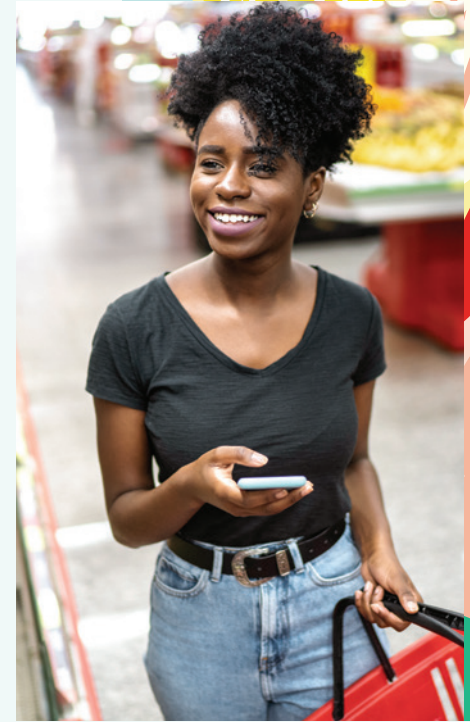


Konsèy pou yon eksperyans pozitif nan sa ki gen rapò ak fè acha

- ✓ Kat eWIC ou a sèlman ka itilize kay vandè agreye nan Connecticut epi pa ka itilize nan nenpòt eta.
- ✓ Pou w jwenn yon lis vandè WIC otorize, mande pèsònèl ajans lokal ou a, vizite www.ct.gov/dph/wic anba onglè Detayan (Retailers) an, oswa itilize aplikasyon WICShopper a.
- ✓ Refere ak *Lis Avantaj Fanmi* w pou konnen pwodui ki te chwazi espesyalman pou bezwen chak patisipan. Se pa tout pwodui ki site nan Gid Alimantè sa ki elijib pou w achte.

Pa egzanp: Menm lè Gid Alimantè a di lèt antye se yon pwodui WIC apwouve, si ou gen yon timoun de lane oswa plis, w ap sèlman ka achte lèt ekreme ki gen 1% oswa san grès pou timoun sa.

- ✓ Pou asire w WIC apwouve yon atik, itilize aplikasyon WICShopper a ak eskane



pwodui yo.

- ✓ Pou w idantifye pwodui WIC apwouve nan magazen yo, Chache etajè Connecticut WIC apwouve a.
- ✓ Kesye a ta dwe eskane tout atik ou chwazi yo. Magazen yo pa ka limite chwa w nan mak pwodui WIC apwouve yo.
- ✓ Sonje itilize Avantaj WIC ofri w yo, anvan nenpòt lòt fòm pèman (SNAP, TFA, lajan likid, oswa kat kredi oubyen debi).
- ✓ Lè sa disponib, egzamine resi tranzaksyon an anvan w chwazi Wi. Se pou asire yo touche tout pwodui WIC apwouve yo nan balans WIC ou a. Si ou te peye pou yon atik ki ta dwe retire sou kat eWIC ou a, mande sèvis kliyantèl la asistans.
- ✓ Nan sousi pou pi byen sèvi w si w gen yon pwoblèm acha oswa pou w achte yon atik, mande pou jesyonè magazen an. Si w bezwen plis asistans, Rele biwo WIC ki nan Eta a nan 1-800-741-2142 pandan ou nan magazen an. Si se pa nan lè biwo, voye yon imel bay biwo WIC ki nan Eta a sou ctwic@ct.gov. Tanpri bay tout detay posib, sa gen ladan l dat, lè, non magazen an, detay sou atik ou t ap achte a, ak ki lè, mete yon imaj pwodui a ak UPC a.



Dwa ak responsablite

Dwa ou yo:

- WIC bay edikasyon nitrisyonèl, enfòmasyon ak soutyen sou alètman matènèl, ak tout aliman ki bon pou lasante yo.
- WIC ap ede w jwenn lòt resous ki ka ede fanmi w, tankou HUSKY A/Medicaid, bank alimantè lokal yo ak sèvis sante.
- Tout enfòmasyon w bay WIC yo ap rete prive.
- Si w santi yo diskrimine w, ou ka depeze yon plent.
- Nòm pou patisipe nan pwogram WIC yo se menm pou tout moun, kèlkeswa ras, koulè, laj, andikap, oswa sèks (ansanm ak idantite jan ak oryantasyon seksyèl).
- Si w bezwen entèprèt oswa sèvis pou andikap, tanpri mande pèsònèl WIC la.



Dwa ak responsablite w yo:

- Trete pèsònèl WIC yo ak respè epi koutwazi. Si w santi yon magazen, yon patisipan WIC, oswa yon pèsònèl ap fè yon bagay ki mal, rele ajans WIC nan Eta a nan 1-800-741-2142.
- Konsève kat WIC ou a ak Gid Alimantè w la an sekirite.
- **Siyale biwo WIC la sou chanjman adrès ak/oswa telefòn pi vit posib.**

Ou konprann:

- Nan sousi pou ba w kèk referans, nou ka bezwen pataje non w oswa enfòmasyon sou kontak ou ak lòt òganizasyon. N ap mande w pèmision espesyalman lè n ap bezwen pataje non w ak enfòmasyon sou kontak ou bay nenpòt moun ki andeyò pwogram WIC a.
- Si ou bay manti pou w resewva avantaj WIC yo oswa si ou pa respekte règleman pwogram nan, w ap oblije fè yon ti kanpe oswa y ap diskalifye w.
- **Li entèdi pou w vann, tante vann, oswa fè kado avantaj WIC yo, aliman, oswa lèt. Si w fè sa, y ap mande w pou repeye kòb atik yo, epi yo ka kanpe w oswa diskalifye w.**
- Piblikasyon atik WIC yo sou nenpòt rezo sosyal, ansanm men pa sèlman sa, Facebook, Craigslist ak Ebay, konsidere tankou yon tantativ vant.

Kesyon

Eske m ka chanje aliman ki nan lis avantaj fanmi m yo?

SELMAN biwo WIC lokal ou a ki ka chanje pake aliman w yo. Si w gen enkyetid oswa bezwen espesyal, asire w pale ak nitrisyonis WIC a avan avantaj ou yo aplike. Yo ka petèt kapab ajiste pake alimantè w la.

Eske m dwe achte tout sa ki nan lis avantaj fanmi m yo?

Nitrisyonis ou a ka adapte lis avantaj fanmi w la pou ka ba w sèlman aliman w ap achte ak itilize yo. **Non, yo pa egzije w chwazi tout sa ki nan lis avantaj fanmi w yo.** Nou ankouraje w fè acha yo yon fason ki responsab epi achte sèlman aliman w ap itilize yo.

E si mwen pa gen aliman ankò epi mwen itilize tout avantaj WIC yo?

Pwogram WIC a la sèlman pou "kore" rejim ou. Aliman ou resewva nan pwogram WIC yo pa la pou satisfè bezwen alimantè w yo. W ap bezwen achte plis aliman pou tèt ou. Biwo lokal ou a ka ede w jwenn plis pwogram asistans alimantè si w bezwen.

Eske m ka konsève avantaj pou mwa pwochen m pa t itilize yo?

Non. Avantaj yo ekspire a minuit nan dat ekspirasyon ki sou chak resi.

Eske m ka patisipe nan plis pase yon pwogram WIC an menm tan?

Non.

Kisa k ap pase si m demenaje?

Eseye kontakte biwo WIC lokal ou a anvan w demenaje. Yo ka ba w enfòmasyon pou transfè pou w bay nan biwo WIC ki nan nouvo zòn ou an.

Kijan pou m verifye balans WIC mwen an?

Ou ka jwenn balans avantaj ou yo lè w **verifye dènye resi w la**, sou WICshopper **Paj Avantaj Mwen yo** (My Benefits), **rele sèvis kliyantèl la** sou nimewo ki nan do kat ou a, sou entènèt sou www.connectebt.com, oswa mande sa nan sèvis kliyantèl la nan magazen an yon demann balans.

Poukisa yo refize tranzaksyon mwen an?

- Si ou gen plis pase 50 atik nan yon tranzaksyon, pito ou fè acha yo separeman.
- Si w ap eseye achte atik WIC ak sa ki pa WIC ansanm, li posib pou gen yon erè nan yon atik w ap eseye achte yo. Eseye fè tranzaksyon yo separeman epi fè acha WIC w yo separeman.

Konfòmman ak lwa federal la sou dwa sivil ak règleman ak politik Ministè Agrikilti Etazini (U.S. Department of Agriculture, USDA) konsènan dwa sivil, li entèdi enstitisyon sa pou fè diskriminasyon sou ras, koulè, orijin nasyonal, sèks (ansanm ak idantite ak oryantasyon seksyèl), andikap, laj, oswa reprezay sou aktivite ki fèt avan yo ki gen rapò ak dwa sivil.

Enfòmasyon sou pwogram nan ka disponib nan lòt lang apre anglè. Moun andikape ki bezwen lòt mwayen kominikasyon pou jwenn enfòmasyon sou pwogram yo (p. ex., bray, gwo karaktè, bann odyo, lang siy amerikèn) dwe kominike ak òganis lokal oswa Eta ki responsab pou jere pwogram nan oswa Sant Target USDA (USDA's Target Center) a nan (202) 720-2600 (Vwa ak TTY) oswa kontakte USDA atravè Sèvis Relè Federal nan (800) 877-8339.

Pou w depoze yon plent kont diskriminasyon nan pwogram lan, plenyan an sipoze ranpli yon fòmilè AD-3027, Fòmilè Plent Kont Diskriminasyon nan Pwogram USDA (USDA Program Discrimination Complaint Form) a ke w ka jwenn sou entènèt nan <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, nan nenpòt biwo USDA, jis rele (866) 632-9992, oswa ekri yon lèt voye l bay USDA. Lèt la sipoze gen non plenyan an, adrès li, nimewo telefòn li, ak yon deskripsyon alekri de swadizan aksyon diskriminan an, bay ase detay pou w enfòme Asistan Sekretè Dwa Sivil la (Assistant Secretary for Civil Rights, ASCR) konsènan nati ak dat vyolasyon dwa sivil la. Fòmilè AD-3027 lan oswa lèt la sipoze ranpli epi soumèt bay USDA pa:

1. **lapòs:**

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; oswa

2. **faks:**

(833) 256-1665 oswa (202) 690-7442; oswa

3. **imel:**

Program.Intake@usda.gov

Enstitisyon an se yon founisè ki bay opòtinite egal a tout moun.

www.CT.gov/DPH/WIC

